

Templeton Senior Center

Activities, Classes, Events & Fifty Plus Sports for Active Adults

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "RED" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

July is NATIONAL PARK AND RECREATION MONTH

Check out the Lynchburg
Parks and Recreation website
www.lyncburgva.gov/parksandrec

We invite you to explore a park, take a swim, hike a trail, enjoy a concert or participate in one of the many classes, activities or events planned for you.

Check the Summer Activity Guide or go online for more information.

TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry.
Instructor: Jamie Carlund
Register and pay by 7/10.
Fee: \$10.00
74404.230
Tu 7/14 3:00pm-4:30pm

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then

focuses on trimming and toning using weights, bands, mats and steps. No class 7/2.

Instructor: Mary Harris

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74209.230

Tu Th 7/7-7/30 5:30pm-6:30pm

\$ COOKING SERIES: Summer Produce

Need new ideas on what to do with summer produce? Learn tasty recipes and cooking methods to get the most out of your vegetables.

Instructor: Susan Prillaman

Register and pay by 7/17.

Fee: \$5.00

74005.230

Tu 7/21 6:30pm-7:30pm

\$ Intergenerational Program: Flower Pot Craft

Mom, Dad or Grandparents will enjoy spending time with the little ones as together they paint a flower pot and create a few flowers to "grow" in their container. Cost includes all supplies for one adult and one child. Additional children can be added at a cost of \$2.00/child.

Register and pay by 7/13.

Fee: \$5.00

73004.231

W 7/15 10:30am-11:30am

\$ Oil Painting Express

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This one session class will feature a scene from Central Virginia. Students should bring their 11" x 14" canvas and oil painting brushes.

Instructor: Rodney Laughon

Register and pay by 7/10.

Fee: \$45.00 LR: \$30.00

74400.231

Tu 7/14 1:00pm-4:00pm

\$ Painted Birdhouse

Birdhouses can be fun, functional or decorative. Students should bring their brushes and their own wooden birdhouses, sanded and ready to paint. Be as creative as you like when you paint your birdie abode. Acrylic paint and spray varnish will be furnished.

Instructor: Linda Duff

Register and pay by 7/12.

Fee: \$10.00

74400.230

M 7/13 6:30pm-8:30pm

\$ Summer Cook Out

Enjoy a grilled hot dog with all the trimmings along with baked beans, chips, slaw, potato salad and dessert.

Register and pay by 7/24.

Fee: \$4.00

73000.230

Tu 7/28 11:30am-12:00pm



Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself as you work out at your pace. No class 7/3.

M Tu Th F 7/2-7/30.
9:30am-10:15am

\$ Watercolor Basics

Beginners to intermediate level painters will learn how to work from light to dark, layer and blend colors and add depth to a painting. Get tips on how to avoid and correct mistakes. Students should bring their own watercolor brushes.

Instructor: Betty Leary

Register and pay by 7/7.

Fee: \$65.00 LR: \$50.00

74401.230

Th 7/9-7/30 **6:30pm-8:30pm**

WELLNESS SERIES: Skin Care and Sun Protection

Retired dermatologist, Dr. Stuart Brust, shares timely



information on how to take care of your skin and how to protect it from future sun damage.

Tu 7/14 10:30am-11:30am

****Next program in the series:**
Retirement, What Now? 8/11

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.230

Tu 7/7-7/28 8:15am-9:05am

\$ Zumba at Noon

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74205.230

Tu Th 7/2-7/30 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.230

M W 7/1-7/29 **5:00pm-5:45pm**

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome. Center closed on 7/3.

F 7/10-7/31 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news. 7/22 guest speaker, Eric Vess.

W 7/8 & 7/22 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 7/9 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck,

strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners and new players are always welcome.
Th 7/2-7/30 9:30am-12:30pm

Pinochle

Do you play? Would you like to learn how? Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Join other interested players on Friday mornings.

Center closed on 7/3.

F 7/10-7/31 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 7/2-7/30 9:30am-12:30pm

SUMMER CONCERT SERIES

Templeton Center

Saturdays 7:00pm-8:30pm

July 11

Lynch Mountain Ramblers
Blue Grass

August 8 - WD & Company

60's Sounds and Beach Music

Concerts are free and open to all ages.
Please join us!

Additional Activities ...

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Book Swap

Bring in a few of the books you have already enjoyed and swap them for some "new" summer reading.

W 7/29 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing. No club meeting on 7/3.

Register monthly. Club Fee: \$5.00
W F 7/1-7/31 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. No class on 7/3.

Instructor: Jan Baker
Register and pay by the first class.
Fee: \$36.00 LR: \$24.00
63303.230
M W F 7/1-7/31 11:30am-12:20pm

☎ Ice Cream Social

Cool off with a tasty bowl or cone of ice cream. Enjoy a variety of toppings to suit your taste. Register by 7/22. Pay on site.
Fee: \$2.00
F 7/24 11:00am-11:30am

\$ Lunch and Learn: Thomas Jefferson

Explore the mind of Thomas Jefferson, as you learn about his thoughts on healthcare, good health, and his gardens. Master Gardener, Joe Pond will be here to share his presentation. Following the presentation, a luncheon of baked chicken, baked potato, green beans, and rolls will be served. Lunch fee \$5.00.
Register and pay by 7/8.
63400.230
W 7/15 11:00am-12:00pm

\$ Pottery: Cabbage Leaf Bowl

Did you know that food can be art? Using clay and a fresh cabbage

leaf, create, cut and design a beautiful bowl.
Register and pay by 7/3.
Fee: \$8.00
63600.232
F 7/10 & 7/17 10:30am-11:30am

Special Interest at FC

Billiards

Two tables are available for recreational billiards. Center closed on 7/3.
M W F 7/1-7/31 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning.
Fee: \$1.00/class.
Pay on site.
W 7/1-7/29 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.
M 7/6-7/27 10:00am-11:30am

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.
Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.
Tu 7/7-7/28 1:00pm-3:00pm



Cool Fun This Summer

Are you looking for ways to stay cool and entertain your grandchildren? Why not try one of these options?

MILLER PARK POOL

2100 Park Ave.
Enjoy a spiral waterslide, low & high diving boards, kiddie pool and giant mushroom with cascading water. ADA accessible. Admission fee.
Monday–Saturday 12:00pm-6:00pm
Sunday 1:00pm-5:00pm

RIVERSIDE PARK SPRAYGROUND

2338 Rivermont Ave.
Explore the playground, designed for abilities, have a picnic and cool off on the splash pad with squirting water, water spewing frogs, and dumping buckets. FREE
Open Daily 11:00am -7:00pm

RIVERFRONT PARK FOUNTAIN

1000 Jefferson Street
Splash and play in the dancing water spouts fountain by the James River. FREE
Open Daily 11:00am -7:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you the opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.
Register and pay monthly by the first day of play. For our registered participants, additional playing time is available on Monday mornings at the newly lined outdoor courts at the

Fairview Center. Check in with the staff for equipment/nets.

No Pickleball on 7/2.

Staff: Marsha Berry Fee: \$10.00
Pleasant View Baptist Church,
19278 Forest Road
73703.230

Th 7/9-7/30 2:00pm-5:00pm

\$ Fifty Plus Putt Putt

Enjoy Miniature Golf each Monday morning. Adults only please.

\$3.00/two games.

No registration required.

Putt-Putt Fun Center,
8105 Timberlake Road

M 7/6-7/27 9:00am-11:00am

\$ Fifty-Plus Softball

Coed games are focused on fun, fitness and friendly competition.

Come on out and enjoy a great game. All skill levels welcome.

No game on 7/3.

Staff: Lynn Fox

Register and pay monthly by the first day of play. Fee: \$10.00

Peaks View Park, Field # 1
73702.230

W & F 7/1-7/31 9:00am-11:00am

☎ Golden Gourmet @ O'Charleys

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at: O'Charleys,

4042 Wards Road

Register by 7/22. **Call 455-4115.**

73700.230

F 7/24 11:30am-1:30pm

Lynchburg Community Market

SNAP-Ed is sponsoring an Eat Smart Move More at the Lynchburg

Community Farmers Market to encourage SNAP clients to use their benefits. The 1st & 3rd Wednesdays will focus on children's events and the 2nd & 4th Wednesdays will focus on adults and seniors. Weekly events are from 10:00am-11:00am. On July 1st, from 10:00am-12:00pm there will be an event for all ages with many activities, cooking demos and information.



New Chapter Book Group

M. L. Stedman's *The Light Between Oceans* is a deeply moving novel whose compelling characters are seeking to find their North Star in a world where there is no right answer, where justice for one person is another's tragic loss.

Meet at: The Drowsy Poet,
Givens Book Store,
2236 Lakeside Dr.

M 7/27 10:00am-11:30am

STAYING HYDRATED

- Drink 8-10 eight-oz. glasses of water daily
- When outdoors or doing physical activity, plan ahead and bring plenty of water.
- Stay away from things like alcohol and salty food because they dehydrate you faster.
- Eat foods with high water content like watermelon, celery, and lettuce.

For more information visit:



www.cdc.gov

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



**LYNCHBURG
PARKS & REC**

434-455-5858

www.lyncburgva.gov/parksandrec

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.